Good News For Homemakers

By Shirley W. Walton
Extension Agent

Peaches

A great many varieties of peaches are grown in Virginia. These varieties fall into two general types: freestone (flesh readily separates from the pit) and clingstone (flesh clings tightly to the pit).

Select peaches which are fairly firm or becoming a trifle soft. The skin color between the red areas should be yellow or creamy.

Avoid very firm or hard peaches with a distinctly green ground color as they are immature and probably will not ripen satisfactorily. Also avoid overripe peaches and those with large bruises or signs of decay. Decay starts as a pale tan spot which expands in a circle.

A bushel of peaches weighs about 48 pounds and will yield about 18 quarts of canned or frozen peaches.

Canning Peaches

Wash peaches and remove skins. Dipping each peach in boiling water, then in cold water makes peeling easier. Cut peaches in halves; remove pits. Slice if desired. To prevent fruit from darkening, use crystalline ascorbic acid or a powered ascorbic acid mixture. Follow package directions regarding use. An older but less effective method of preventing darkening is to drop peach halves or slices into water containing 2 tablespoons each of salt and vinegar per gallon of water. The peaches treated in this way must be drained before packing.

Use a thin, medium or heavy *syrup to suit the sweetness of* the fruit and family preference. A thin sirup (30-percent) is made with 2 cups sugar and 4 cups water or juice. Use 3 cups of sugar for a medium sirup (40-percent) and 4-¾ cups sugar for a heavy sirup (50-percent). Sugar improves the flavor and texture of canned peaches but can be omitted.

Raw Pack: Pack raw peaches in jars. Cover with boiling sirup, leaving ½-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in boiling water bath canner (212 degrees F.)

Pint jars . . . 25 minutes
Quart jars . . . 30 minutes

Hot Pack: Heat peaches in sirup. Pack hot peaches in jars. Cover with boiling sirup, leaving ½-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in boiling water bath canner (212 degrees F.).

Pint jars . . . 20 minutes
Quart jars . . . 25 minutes

Freezing Peaches

Wash peaches and remove skins and pits. It is better not to use a boiling water dip when peeling peaches to be frozen. Slice if desired.

Sirup Pack: Drop peaches into cold 40-percent sirup to which ascorbic acid has been added to prevent darkening of peaches. Pack peaches into containers. Add sirup to cover. Place a piece of crumpled waxed paper on top of the peaches to hold them under the sirup. Leave ½ to 1½ inches headspace - the smaller amount for wide topped pint containers; the larger amount for narrow topped quart containers. Seal. Freeze; store at 0 degrees F. or below.

Sugar Pack: Add ⅓ cup sugar and ¼ teaspoon crystalline ascorbic acid dissolved in ¼ cup cold water to each quart of prepared fruit. Mix well. Pack into containers leaving headspace as in sirup pack. Seal. Freeze; store at 0 degrees F. or below.

Unsweetened Pack: Pack peaches into containers and cover with cold water containing ascorbic acid. Leave headspace as in sirup pack. Seal. Freeze; store at 0 degrees F. or below.

If you have a homemaking question or problem, you may call 352-8244 or write the Appomattox County Extension Office, P.O. Box 488, Appomattox, Va. 24522. It is always a pleasure to work with you.

Have a good week!

Peach Jam

Peaches do not have enough pectin or acid for jelly and jam making. Pectin and acid may be added as in recipes which follow or peaches may be combined with other fruits which have more pectin and acid.

Peach Jam with liquid pectin
Yield: 4 pints

4¼ cups crushed peaches (about 3½ pounds of fresh peaches)
¼ cup lemon juice
7 cups sugar
½ bottle liquid pectin

Select fully ripe peaches. Wash, peel and remove pits. Crush peaches and measure into a large kettle. Add lemon juice and sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat and stir in pectin. Skim off foam. Pour hot jam into hot sterile jars leaving ¼-inch headspace. Wipe jar rims clean, place metal lids on jars, screw metal bands down firmly, and stand jars upright to cool.

Peach Jam with powdered pectin
Yield: 3 pints

3-¾ cups crushed peaches (about 3 pounds fresh peaches)
¼ cup lemon juice
1 package powdered pectin
5 cups sugar

Select fully ripe peaches. Wash, peel and remove pits. Crush peaches and measure into a large kettle. Add the lemon juice and pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a rolling boil.

Add the sugar, continue stirring and bring again to a full rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat. Skim off foam. Pour hot jam into hot sterile jars leaving ¼-inch headspace. Wipe jar rims clean, place metal lids on jars, screw metal bands down firmly, and stand jars upright to cool.

Displays Rock Collection

Bentley Nash, son of Mr. and Mrs. Clyde Nash, is shown in the Appomattox County Library holding one of the rocks from his collection, to his left you can see more of his collection on display.

The rocks, collected and labeled by Bentley, were arranged in the library by Mrs. Minerva Kepler. Mrs. Kepler, well-known for her interest in wildlife, the out-of-doors, and such, is responsible for the attractive displays appearing in the Appomattox County Library from time to time. Often her exhibits are in keeping with the changing seasons, but, as with the rock collection, she uses anything that she feels would be of interest to the general public.

Mrs. Kepler invites any young person with a collection of interest to contact her concerning the possibility of using it in future displays.

FBLA Officers and Sponsors Start the Year Right

On August 2, 1979, the 1979-80 Appomattox High School FBLA officers and sponsors held a picnic at Mrs. Joan Holt's home. Among those present were the sponsor's families, friends of the officers and special guests were Mr. and Mrs. R. B. Carter, and Mr. and Mrs. Clark. Different ideas were shared about projects for the upcoming year.

The 1979-80 officers are as follows: Debbie Roach, President, Gina Kreidel, Vice-President, Gloria Hodges, Secretary; Melinda Davis, Treasurer, Jane Almond, Reporter, Tommy Womack, Chaplin, Sandra Ferguson, Historian, and Nugene Harvey, Parlimentarian.

Reporter, Jane Almond

Completes Recruit Training

AUGUST 15 - Navy Seaman Marshall S. Webb, son of Kelly D. and Martha A. Webb of Route 1, Box 125, Concord, has completed recruit training at the Naval Training Center, Great Lakes, Ill.

During the eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Included in his studies were seamanship, close-order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1978 graduate of Rustburg High School, Rustburg, Va., he joined the Navy in May 1979.

Vepco Customers Set Record Electricial Demand on Friday

Virginia Electric and Power Company customers set a record one-hour peak load of 7,929,000 kilowatts (kw) between 4-5 P.M. on Friday, August 10, 1979.

The previous peak demand by Vepco customers was 7,902,000 kw on July 21, 1977. Hot, humid weather on August 8, 1979 had pushed peak electrical demand to 7,874,000 kw - a peak for this year until Friday's peak.

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"The South 40" by James A. Smith Extension Agent

Dairy research has developed some good base lines for helping dairymen with mastitis prevention and control.

For Example: Milk production declines after the cell count exceeds 200,000 cells. Any cow with as cell count between 200,000 and 800,000 cells has a mild hidden infection and her production is reduced by 800 lb. per year. Any cow over 800,000 cells has a severe case of mastitis, not yet detectable on the strip cup and is losing over 1200-1600 lb. milk.

Dairymen on the DHI program have the opportunity of having the cell count measured on individual cows. Those not testing may be losing milk production while still paying the food and labor costs.

Since January 1, a lot of soil samples have come through this office, but the concern is that 23 percent had a pH of 5.5 of less. 8 percent were 5.0 or less, With these levels you do not obtain effective use of many herbicides, nor do you make efficient use of fertilizers.

As we move toward seeding, utilize the soil testing program.

Sometime between September 15 and September 30, we will be on the new computer soil testing program. Watch for the details concerning the change.

The word here is DON'T RUSH IT! About this time every year, silage producers get in a rush to harvest silage. Last year Appomattox producers stored the highest quality of silage in our history. Why? They delayed harvest and waited for physiological maturity to occur.

Corn kernels continue to add dry matter and nutritional value until they are physiologically mature, which, with most strains, takes place when the kernals contain about 35 percent moisture.

After reaching this stage, corn normally loses a fraction of its moisture each day as it stands in the field. For this reason, it is important to harvest as soon after physiological maturity is reached as soon as possible.

A commonly used guide for measuring maturity is to count 55 to 65 days after silking. A more accurate method is to check the kernels for the development of a black layer close to the tip of the kernel just under the outer layer. Examination can be made by splitting the kernel. If the black layer has formed, the kernel has ceased to accumulate dry matter. Because the time required to reach maturity varies from plant to plant, the development of the black layer by 75 percent of the ears in a field is a practical guide to physiological maturity, harvestime and a maximum yield.

On perhaps an even more practial basis, use the black layer as an indicator; excessive rainfall at the time of harvest can still lower the dry matter of the silage. Also use the browning of the lower leaves and on the shuck as added evidence of harvest time.

Let's have another year of high quality silage. It's in the field now. We need to store it properly.

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - If a veteran leaves his National Service Life Insurance dividend on deposit or credit with the Veterans Administration, at what rate will it accrue interest?

A - As of January 1, 1979, the NSLI interest rate is 5 ¾ percent.

Q - Is tutorial assistance the same under the educational assistance program and the vocational rehabilitation program?

A - No. Tutorial assistance is limited to $69 per month for a maximum of $828. Under the vocational rehabilitation program, the extent of assistance needed is determined on an individual basis by the VA, school staff and the veteran. Payment is based on the amount of time the veteran needs and the background and qualifications of the tutor.

Q - Must a member of the armed forces accept the $20,000 Servicemen's Group Life Insurance coverage?

A - No. A serviceperson may elect (in writing) to be covered for a lesser amount or not to be covered at all.

Virginia Fibre Reports Weekly Wood Purchase

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending August 12, 1979. Purchases are listed by counties.

Albermarle	4,633.46
Amelia	3,725.50
Amherst	11,586.02
Appomattox	8,344.52
Bedford County	3,495.87
Buckingham	22,000.08
Campbell	7,586.95
Charlotte	6,114.23
Cumberland	10,518.17
	806.47
	935.42
Fluvanna	393.27
Goochland	2,829.89
Halifax	1,031.83
Mecklenburg	11,891.88
Nelson	3,278.02
Pittsylvania	7,126.81
Powhatan	11,299.28
Prince Edward	604.66
Prince William	907.29
Rockbridge	119,109.62

We feel this information will be of interest to our readers in Appomattox County and in the adjoining counties.

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Capitol Comments

By Dan Daniel
Fifth District, Virginia

WED., AUG. 15 - Last week, the Congress took up the matter of gasoline rationing, and after adding a multitude of amendments, sent the matter to Conference. The truth is, right now, rationing is not a good idea and especially the approach recommended in this bill. At such time as rationing is necessary, Congress can respond in a timely manner. But for now, in the absence of a clear national emergency, I cannot in good conscience endorse the surrender of such broad powers to the bureaucracy.

It is imperative that whatever plan is adopted be equitable. This alone will be an enormous task, for ours is a complex society, made up of many needs, and whoever makes the decisions on energy priorities is also, by that act, setting social and economic priorities, with an impact beyond the immediate problem. Any rationing plans must also make sense. This, I am afraid, is a job beyond the powers of the Secretary of the Department of Energy, if recent experience is any guide.

We have already reported to you on our difficulty in explaining the importance of veterinarians to farmers. Developments under the mandatory thermostat setting have been even more ridiculous. To begin with, we have been told on more than one occasion by building owners, that there have been times when they had to turn on the heat in order to get the temperature up to 78 degrees. This we did not discuss with the Department of Energy in the belief such information might bring on mental paralysis. This belief was well founded.

There have been many questions asked of this office, as people have struggled to comply with the regulations in the absence of official instructions from Washington. Let me cite a few.

A restaurant owner telephoned, and reported that if he kept his dining room at 78 degrees, his kitchen help became physically ill from the heat. Too bad about the cooks, we were told by DOE - only to find that DOE was wrong.

A doctor was concerned about his patients, some of whom suffered from emphysema, and other illnesses made worse by the heat. The doctor may or may not be able to obtain an exemption - we certainly couldn't tell him on the basis of telephone answers. In any event, he must submit a form for exemption which, based on the Department's past performance, will probably come through about January 3.

A newspaper representative called to say that the thermostat was on 78 degrees, but the temperature was over 85. Touch luck, we were told - the thermostat is all that matters, not the temperature.

A businessman called to say that 78-degree temperature was playing havoc with the computer. Not to worry, said DOE- you can have it cooler, if the computer manufacturer's manual advises it. Now this is where we went into a small tantrum. Machinery, it seems must be kept comfortable and of course, computers are sensitive to temperature changes. Never mind that people suffer, and their productivity as well.

When we pointed this out to the DOE spokesman, he denied any responsibility. After all, he said - and these were his exact words - "Congress approved it, you know". Well, he was right on that score.

But we pointed out that Congress approved the principle, and the Agency wrote the guidelines. Again the DOE spokesman denied any responsibility. "Another section did that, he said.

So we pushed a little further. We pointed out that his agency also proposed the principle. And once more the spokesman denied any involvement. "The Secretary did that," he said.

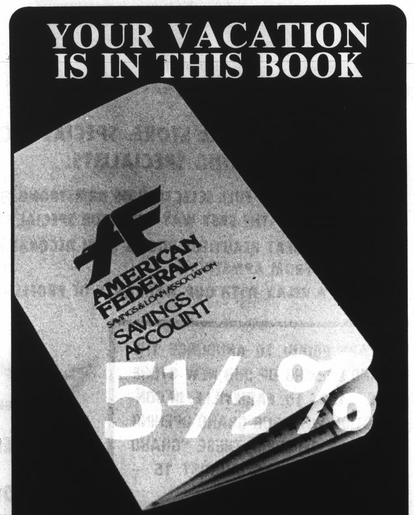
Well, at that point, we gave up, at least insofar as that particular discussion was concerned. We have encountered the ultimate bureaucratic intellect wherein machines are more important than people, regulation takes precedence over reason, and responsibility is completely divorced from authority.

If anyone needs any further proof that bureaucracies are constitutionally incapable of responding to human problems, I cannot imagine what that proof would be.

IT'S BEEN A GOOD YEAR FOR POTATOES - Junie W. Weeks of Route 1, Spout Spring is shown with a most unusual potato grown in his garden. The potato weighs one ounce less than three and one-half pounds.

Mr. Weeks, a retired carpenter, likes gardening and judging from this potato, he evidently knows what he is doing!

YOUR VACATION IS IN THIS BOOK



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F.F.A. Members Attended Leadership School

Michael Richardson

Todd Scruggs

During the week of July 30 to August 3, the Appomattox Future Farmers of America Chapters sent four representatives to the F.F.A. Leadership Camp held in Smithfield.

Those members attending were Michael Richardson, son of Mr. and Mrs. Lloyd E. Richardson; Todd Scruggs, son of Mr. and Mrs. Sam M. Scruggs; Sandy Carlson, an exchange student from Connecticut; and David Stratton, State Secretary from Appomattox.

They were among some 135 F.F.A. members who attended the training sessions. The sessions gave chapter members an opportunity to work with past and present state officers and the National Secretary, Kelly Grant.

Also, members had the opportunity to participate in individual and group sports and to tour Busch Gardens.

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Tuesday—PRIVATE PARTIES
Wednesday—Fun Night
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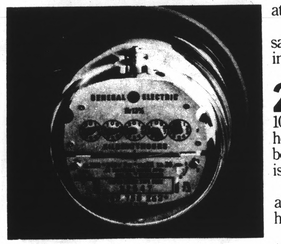
Thursday—8 P.M. to 11:00 P.M.
Friday—7 P.M. to 10:00 P.M.
9 P.M. to 12:00 P.M.
Saturday—
7 P.M. to 10:00 P.M.—9 P.M. to 12:00 P.M.
ASK ABOUT OUR
ALL-SKATE CLUB

Three ways you can slow it down this summer.



Summer, when all the air conditioners are humming, is the time when our customers use more power than at any other time of year. To meet the demand this summer, you can be sure that we'll be doing everything we can to provide you with all the power you need. We'll be using our available units to capacity, and if necessary, we'll be buying power from our neighboring utilities.

If you pitch in by following the steps below, you can help us make it through the summer.

1. Don't overcool your home. Set your home air conditioner's thermostat at 78° or higher, or not more than 15° cooler than the temperature outside, whichever is the higher setting.

For every degree cooler than 78°, your air conditioner uses about 5% more energy. So a 73° setting means you're using 25% more energy than you would at a 78° setting.

By watching your thermostat, you'll save energy at a time when it's most important.

And you'll save money, too.

2. Do the big jobs early. Or late. We call it Hot Watch. The hours between 10 A.M. and 10 P.M. are the "peak load" hours, when the most electricity is being used and the chance of shortages is greatest.

So try to restrict your use of major appliances and hot water during these hours.

Do your baking and laundry before 10 A.M. Turn on the dishwasher just before you go to bed. Shower before 10 A.M. or after 10 P.M.

You won't be using less energy, but you'll be using it when we have power to spare. And that will reduce our need to build costly power plants.

3. Give your water heater a rest. It will save money and energy. With the exception of heating and cooling systems, the water heater is the biggest energy user in your home. So try your best to work it less.

Use your dishwasher and washing machine only for full loads. Wash clothes in cool or warm water instead of hot. Take showers instead of baths, and keep them short.

With your help we can save energy and make it through the summer. And that's important to all of us.

Vepco